
Group 3 Safety Newsletter

Volume 7 Issue 6

PA004

June 2002

Tips on Preventing and Managing Heat:

The best defense is prevention. Here are some prevention tips:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place – even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).

Runway Incursions

The FAA defines runway incursion (in part) as, "Any occurrence at an airport involving an aircraft, vehicle, person, or object on the ground that creates a collision hazard or results in a loss of separation with an aircraft taking off, intending to takeoff, landing, or intending to land."

To complete the definitions, FAA defines an occurrence as:

- A. A pilot deviation is any action of a pilot that results in violation of a Federal Aviation Regulation.
- B. An operational error is an occurrence attributable to an element of the ATC system which results in:
 - 1) less than the applicable separation minimum between two or more aircraft and obstacles. Obstacles include vehicles, equipment, and personnel on runways;
 - 2) an aircraft landing or departing on a runway closed to aircraft after receiving air traffic authorization.
- C. A vehicle or pedestrian deviation results from a vehicle operator, non pilot operator of an aircraft, or pedestrian who deviates onto the movement area including the runway without ATC authorization.

Nine Points of Safe Ground Operations

- 1. Review airport layouts as part of preflight planning, during cruise, before decent, while taxiing.
- 2. Know and understand airport signage.
- 3. Read back all runway crossing and/or hold short instructions.
- 4. Review Notices to Airmen (NOTAM) for runway/taxiway closures & construction areas.
- 5. Request progressive taxi instructions when unsure of the taxi route.
- 6. Check for traffic before entering any runway or taxiway.
- 7. Turn on aircraft lights while taxiing.
- 8. Clear the active runway on rollout as quickly as possible, then wait for taxi instructions before further movement.
- 9. Study and use proper phraseology found in the Aeronautical Information Manual when responding to ground control instructions.

Best Way to Avoid Runway Incursions

- A. Enhance Your Communications
 - 1) Keep Communications Clear & Concise
- B. Airport Knowledge
 - 1) Be familiar With the Airport
- C. Cockpit Procedures
 - 1) Follow Proper Cockpit Procedures
 - 2) Stay Alert Especially When Visibility is Low
 - 3) Report Confusing or Deteriorating Surface Markings & Signs

From PHL FSDO website

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